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Micro suites considered as rental options

HOUSING Vancouver city council is considering allowing secondary micro suites that are as small as 320 square feet to be built within existing condos.

A report before the city's transportation and traffic meeting this morning looks at short-term incentives to create more rental housing in Vancouver.

The proposal would also create 1,600 construction jobs for every 1,000 units of rental housing.

METRO VANCOUVER

Celebrity Buzz pg 22

Is Jackson hulking up?

Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Vancouver and Canada. This is also a Call to Action for you to send us your suggestions at vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

On metronews.ca

- **See what other Metro readers are doing and saying about SunnySide**

Today

- **Record rise for home resale prices, pg 11**
- **J Spot finds sexy stories to make you smile, pg 18**

Protest **Iran**

PHOTO BY GETTY IMAGES

Iranian supporters of defeated reformist presidential candidate Mir Hossein Mousavi, who said women should have equal rights, demonstrate in the streets of Tehran yesterday. Vancouver Iranians are also making their voices heard. Coverage, pgs 3 and 8.

Inquiry can hold RCMP responsible, says Court

Judge rules Mounties can be held accountable in YVR Tasering

JEFF HODSON
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A civilian inquiry can make findings of misconduct against four Mounties who Tasered a Polish immigrant at Vancouver's airport, B.C.'s Supreme Court ruled yesterday.

Justice Arne Silverman rejected arguments by the officers' lawyers that the inquiry — headed by retired judge Thomas Braidwood — does not have the right to consider allegations that the officers had acted improperly or misrepresented the facts to justify their actions.

Robert Dziekanski, 40, who was immigrating to Canada to live with his mother in Kamloops, died in the early morning of Oct. 14, 2007, after he was Tasered five times by RCMP at Vancouver International Airport.

A Victoria man captured the incident on video and its subsequent release sparked interest in the case around the world.

Commission counsel Art Vertlieb said Silverman's decision allows Braidwood to continue his mandate for a full reporting into the circumstances of Dziekanski's death.

"(Braidwood) may have to make findings of credibility about some of the witnesses to figure out what happened," Vertlieb said.

"He is not assigning blame, but he does have under the Inquiry Act the right to make the finding of misconduct should it need to be made … he'll be able to do whatever he feels appropriate given the findings that he makes."

Walter Kosteckyj, lawyer for Dziekanski's mother, Zofia Cisowski, said at some point there has to be a reckoning of responsibility for his client.

"She wants people to be accountable … and at the end we all want them to be held accountable. I mean, that's what part of this process is to restore faith in how the RCMP conduct themselves — not just for my client — but to the people of British Columbia."

Final arguments

- The inquiry, which began in January and has heard from about 100 people, including the four RCMP officers, will begin hearing final arguments on Friday.

Most search and rescue teams back to work

KRISTEN THOMPSON
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LAWSUIT All but one of British Columbia's volunteer search and rescue organizations have resumed services after shutting down or offering partial services this weekend in response to a lawsuit against one of their teams.

Quebec tourist Gilles Blackburn is suing the Golden and District Search and Rescue Association after he and his wife, Marie-Josée Fortin, spent nine days lost in the wild when they skied out of bounds. Fortin died seven days into the ordeal.

Steve Bachop, with the Provincial Emergency Program, said no one was endangered by the shutdowns.

"In this kind of situation we go to the next closest available resource," Bachop said. "We have 90 (search and rescue teams) scattered around the province. We were able to cover any gaps there."

On the weekend, Golden and Kimberley search and rescue volunteers stopped offering services completely, while several others offered partial services as members of each organization checked their insurance coverage in the event of a lawsuit.

"Just Golden has remained out," Bachop said. "We're hopeful they'll soon resume full service as well."

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Thousands expected to attend Police and Fire Games
The 2009 World Police and Fire Games in British Columbia is expected to be at least the second-best attended in the history of the event behind Barcelona. More than 9,000 athletes from 54 countries have signed up for the July 31 to Aug. 9 event. METRO VANCOUVER

Local

Volcano causes travel disruptions

Air Canada has issued an advisory warning that flights between Vancouver and some Asian destinations could be affected by a volcano erupting on a Russian island in the North Pacific Ocean. Travel to Tokyo, Seoul, Beijing, Shanghai and Hong Kong could be disrupted. METRO VANCOUVER

Local Iranians fight for freedom

KRISTEN THOMPSON
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Iran might be 15,000 kilometres away, but for Vancouver's young Iranian community, its political strife might as well be in their own backyard.

Reza Sabour, 29, moved to Vancouver from Iran in the '80s.

"Most of us are here … because of the (1979 Islamic) revolution. All the people you see on the streets in Iran are our age … If I had not left Iran I would be on the streets and fighting for my rights."

Sabour said his cousin in Tehran has "begged" him to use social media to get the protesters' message out.

In response, he helped organize a rally outside the Vancouver Convention Centre on Sunday, which attracted 1,000 people.

Some protesters wore green to show support for the losing opposition candidate, Mir Hossein Mousavi.

"(Mousavi) may not have all the answers, but he came forward and said, 'I want to improve relations with the West and create equality for women.' It ignited a spirit within the youth that hasn't happened in 30 years," Sabour said.

Soushiant Zanganehpour, 26, works for the Liu Institute For Global Issues at UBC. He is also of Iranian descent.

"In Iran and other places where you have misrepresentation or a strong-handed regime, they do a good job of externalizing the enemy. They can call this a Western coup and call protesters spies."

He said that's why it's important for people abroad to be the voice of the Iranian people, who don't have the same freedom to speak their mind.

"This may change the course of Iran," he said.

News in brief

TILLER A tribute rally is planned on Commercial Drive for the U.S. abortion doctor shot to death at his Wichita, Kan., church. The rally to remember George Tiller is set for Thursday at 7 p.m. on Grandview Park.

CRIME Three robberies over a 15-hour period seem to have been carried out by the same man, Abbotsford police said yesterday. Two gas stations and a bank were robbed.

METRO NEWS SERVICES

metronews.ca
What's online today.

Video Summer election talk lingers after Stephen Harper's response to Michael Ignatieff at **metronews.ca/canada**

Your Money Allan Small on why Canadian investors will likely endure more market volatility at **metronews.ca/investing**

KEVORK DJANSEZIAN/GETTY IMAGES

Activist Cleve Jones at the 81st Annual Academy Awards in Los Angeles on Feb. 22. Jones was played by actor Emile Hirsh in the Oscar-winning movie Milk.

Famed activist to lead parade

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PRIDE Cleve Jones, an American pioneer in the gay rights movement who was portrayed in the Academy Award-winning film Milk, has been appointed a Grand Marshal at Vancouver's Pride Parade this summer.

Jones' career as an activist began in San Francisco in the 1970s, where he started an AIDS charity and began advocating for gay rights with openly gay politician Harvey Milk — who was later assassinated.

"Cleve's courage, dedication, energy and strength has created lasting growth and progress in the LGBT rights movement throughout North America," said Vancouver Pride Society president Ken Coolen.

"Since participating in Harvey Milk's political campaigns, Cleve has inspired the LGBT movement around the world to stand up and demand equality. His leadership is truly an example to which we can all aspire."

Joining Jones as Grand Marshals will be local LGBT activists Jeremy Dias and Janine Fuller.

Cindy Kampmeinert, an openly gay Vancouver firefighter who died in India last year, will be the parade's Honourary Pride Hero.

Got a problem with the city, well call them up

JEFF HODSON
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SERVICE Need a pothole fixed? Tree fall on your lawn? Vancouver has a number for you.

The city's new 3-1-1 service, which became active yesterday, allows residents to call a single number for all non-emergency municipal services, instead of fumbling through the city's 550 phone numbers.

"It will transform the way the public does business with city hall."
Coun. Suzanne Anton

"It will transform the way the public does business with city hall," said Coun. Suzanne Anton, a proponent of the system, an initiative of the former NPA-dominated council.

"Any person will be able to phone city hall at any time and in any language and get an answer to their question as it relates to city business."

Similar systems have been implemented in a number of American and Canadian cities, including New York and Calgary.

Currently, 3-1-1 is still in a pilot phase to allow the city time to iron out kinks and ensure the systems and technology work properly.

In mid September, the service will move to 24 hours a day, seven days a week and have access to translators in 170 different languages.

Its launch will be accompanied by a public relations campaign to explain the service and to ensure that people still call 9-1-1 for emergencies.

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Addiction Counselling Skills Tuesday, June 16, 6:30 p.m. – room 420	Downtown
Occupational/Physical Therapist Assistant Wednesday, June 17, 1 p.m. – room 4205	Downtown
Drafting – Steel Detailing Wednesday, June 17, 1 p.m. – room 724	Downtown
English as a Second Language Wednesday, June 17, 6 p.m. – room 1228	Broadway
ASL and Deaf Studies Wednesday, June 17, 6 p.m. – room 2559	Broadway
TESOL programs Thursday, June 18, noon & 4 p.m. – room 205A	Broadway
Culinary Arts Friday, June 19, 9:30 a.m. – room 305B	Downtown

Downtown campus, is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

Broadway campus, is located at 1155 East Broadway.

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JEFF HODSON/METRO VANCOUVER FILE PHOTO

The Albion Ferry Klatawa will cease operations at the end of July after the Golden Ears Bridge has made it unnecessary. The vessel, and its mate the Kulleet, are for sale for $1.1 million each.

Albion ferries set for final runs July 31

Golden Ears closes operation

JEFF HODSON
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This morning's opening of the $800-million Golden Ears Bridge linking Maple Ridge and Langley spells the end of the Albion Ferry that has plied the waters of the Fraser River for the past 52 years.

The Kulleet and Klatawa will sail for the last time at noon on July 31 with at least three people who took part in the inaugural sailing in 1957.

"I wouldn't be surprised to see water in my eyes," said Capt. Dave Miller, president and CEO of TransLink's subsidiary Fraser River Marine Transportation.

Miller, 59, has worked at the ferry for the past 19 years, and plans to retire after it closes.

He expects people will miss the ferry once it's gone, but excitement about the new bridge is high.

An opening celebration Sunday on the kilometre-long span attracted more than 50,000 people.

"It joins families together," TransLink chair Dale Parker said following a ribbon-cutting ceremony on Sunday. "It's just a natural for these communities."

The tolled bridge is expected to chop 40 minutes from a daily north-south commute and will be free to drive for the first month.

Bridge builders

- The Golden Ears Bridge will feature a plaque that has the names of all 3,000 people who helped build it, Premier Gordon Campbell said.

News in brief

GROW OPS The number of marijuana grow ops busted by police in Surrey is down dramatically, according to a report released by that city yesterday. The 80.9 per cent drop between 2004 and 2008 is being attributed to an initiative where homes that B.C. Hydro has reported as showing high power consumption are investigated.

MAN ASSAULTED A 51-year-old man is recovering after he was followed off a bus and struck in the head from behind by a man who stole his backpack in the 300 block of Robson Street. Passersby alerted police who chased and arrested a 26-year-old suspect.

ECONOMIC FORECAST B.C.'s economy is forecast to decline by 1.9 per cent in 2009, according to a new study by RBC. It's expected to rebound in 2010 and grow by 2.9 per cent.

BREAK-INS The recent stretch of warm weather has led to an increase in break-ins where there is no sign of forced entry. Vancouver police are attributing the crimes to opportunistic thieves who look for open or unlocked doors and windows.

SMUGGLING A Vancouver man has been sentenced to 13 years in a U.S. jail by a Seattle judge for smuggling cocaine into Canada with help from a Canadian border guard.

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Test rules out farmer as flu source

Blood testing has ruled out a farm worker as the source of influenza A (H1N1), also known as swine flu, infection in a Canadian herd of pigs that was the first reported in the world to carry the virus, Alberta's health department said yesterday. REUTERS

Canada

Young households use cells: StatsCan

More than a third of younger Canadian households are cutting the wires and relying solely on cellphones, according to a survey. By contrast, only 4.5 per cent of other households have dumped their landlines at home and use cellphones exclusively, a polls by Statistics Canada showed. In 2008, eight per cent of all households reported having cellphones and no landlines, up from 6.4 per cent in 2007. REUTERS

Shortage threatens patients: Expert

ISOTOPES Calling it one of the biggest crises in the history of the profession, the head of an international nuclear medicine group says the shutdown of Canada's Chalk River reactor last month is forcing "several thousand" heart and cancer scans a day to be cancelled or switched in the United States.

Hundreds of those patients might have to undergo exploratory surgical procedures in the absence of scans typically fuelled by Chalk River's isotopes, said Robert Atcher, president of the Society of Nuclear Medicine.

"The patient community is facing one of its greatest threats in modern times," Atcher told a news conference. TORSTAR NEWS SERVICE

News in brief

DONATIONS Charities that exist to fundraise — or lie to donors to get money — will likely lose their charitable status, according to guidelines from the federal watchdog. It's an attempt to bring order to the 83,000 charities in Canada, a collection of groups that range from multimillion-dollar agencies to small groups. Fundraising costs above 70 cents on every dollar earned will raise concerns with the watchdog. TORSTAR NEWS SERVICE

COURTS A Montreal woman has asked the Quebec Superior Court for permission to launch a class action lawsuit against the provincial government for alleged errors in breast cancer testing, CBC News Online reports. The motion filed by Marianne Tonnelier claims that thousands of Quebec women fighting breast cancer are now uncertain about whether the treatments they were prescribed were appropriate. METRO NEWS SERVICES

PM, Ignatieff play chicken

Harper offers to meet with Grit leader after election threat

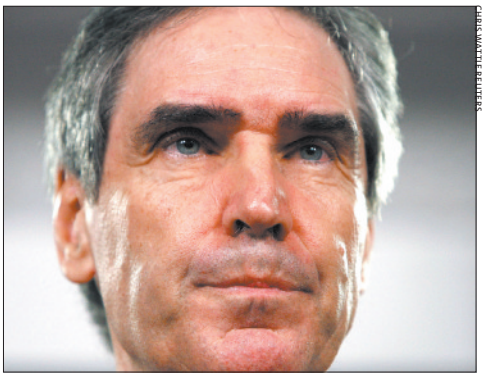
Prime Minister Stephen Harper says he's willing to talk, but is unwilling to adopt Liberal proposals to enrich the employment insurance scheme — a declaration that appeared to set the country on course to a summer election.

By the end of a day of brinkmanship, Harper offered to meet Liberal Leader Michael Ignatieff in a bid to avoid a campaign that could be triggered as early as Friday when the final bill on the government's budget is put to a vote in the Commons.

The Liberals accepted the offer to meet today. But the two men appear to agree on only one thing.

"Mr. Ignatieff said he doesn't want an election. I don't want an election," Harper told reporters. "I don't think anybody in Canada wants or expects an election."

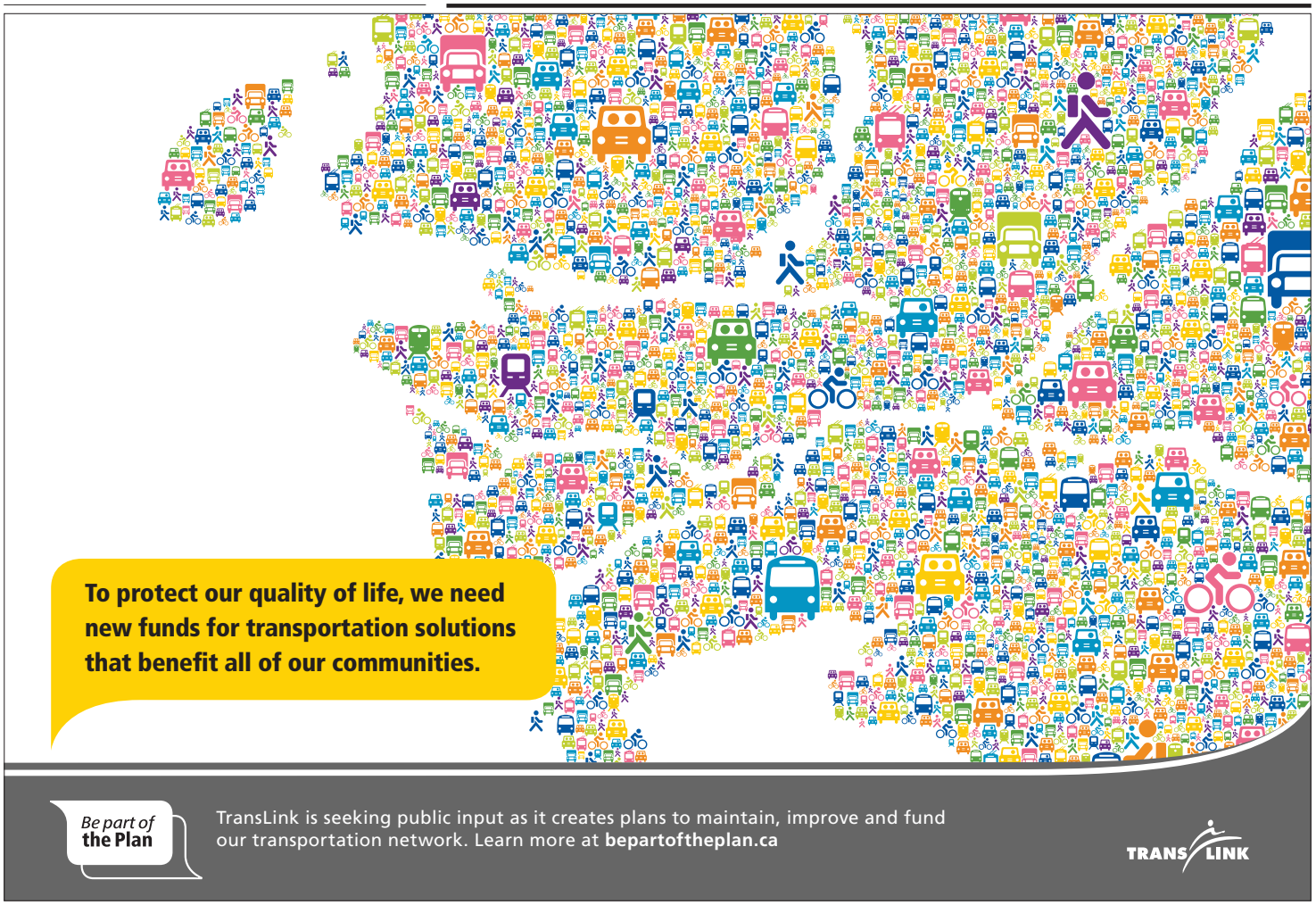
Ignatieff said the Liberals would vote against the budget bill unless Harper agrees to provide details on further EI reforms, vaguely promised for the fall, the amount spent so far on the government's economic stimulus measures, future deficit reduction plans and plans to address a shortage of medical isotopes triggered by the reactor shutdown in Chalk River, Ont. Because Friday's vote is on a budget implementation bill, it is automatically a confidence vote. TORSTAR NEWS SERVICE



Liberal Leader Michael Ignatieff listens to a question during a news conference in Ottawa yesterday.

NDP stance

- If the Liberals are banking on the NDP getting cold feet and supporting the Conservatives in a confidence vote this week then they should think again, says party leader Jack Layton, adding the NDP will vote against the budget implementation bill.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Oil execs reluctant to boost spending

A doubling of oil prices in the past six months has yet to convince many Canadian oil companies to fatten capital spending, partly because natural gas markets remain depressed, executives said yesterday.

Crude has climbed above $70 US a barrel in recent weeks as traders have wagered that the worst of the recession, which has cut sharply into global oil demand, may be past.

But oil executives at the Canadian Association of Petroleum Producers' investment symposium said they are not convinced today's prices are sustainable, given demand fundamentals.

"I think we're going to be a bit patient," said Marvin Romanow, chief executive of Nexen Inc., Canada's No. 4 independent explorer and producer. "In many ways I think we're a bit surprised at how quickly the commodities have rallied. The rally in the commodity is coming on the basis that economies are shrinking at a lower rate."

Romanow said oil prices surged through the middle of 2008 because of supply shortages, and that will likely happen again when economies recover.

"But I think it's a bit early for the rally because there still is a lot of oil around the world and demand is still not completely strong," he said. REUTERS

Anglophone bands cause festival flap

QUEBEC Recalling the language standoffs of earlier decades that many thought had disappeared, a sponsor of a St.-Jean-Baptiste Day festival has demanded producers drop two anglophone bands from the show's lineup.

But the producers of the show, set for the Montreal neighbourhood of Rosemont, say they're standing firm against the demand by the Louis-Hébert Cultural Association.

"We maintain our choices for the lineup," the production company, C4, said in a statement yesterday. The lineup includes 40 minutes of English-language performances out of a total of six hours of music. C4 also said it hoped the event will remain "peaceful." TORSTAR NEWS SERVICE

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Teachers balk at all-day learning plan in Ontario

CHILD CARE Toronto mom Cheryl Atkinson can't wait for all-day learning for four- and five-year-olds to come to her neighbourhood, which is teeming with young families and bereft of daycares.

"This is a service our community could really use," she said yesterday after Premier Dalton McGuinty announced Ontario's plans to implement his 2007 election promise starting next year.

Teachers' unions, however, are outraged the plan calls for teachers and early childhood educators to work together in the classroom.

Both the public and Catholic school teachers' unions say the plan, released yesterday by former deputy education minister Charles Pascal, would violate their collective agreements, which stipulate only their members can teach in the classroom.

"I'm concerned this would reopen collective agreements. It's not in anybody's best interest to go into that again," said David Clegg, head of the Elementary Teachers Federation of Ontario.

Pascal's plan recommends a full school day for all four- and five-year-olds by 2013 with schools offering fee-based after-school and summer programs up to age 12 at the request of 15 or more families.

For children under four, it proposes consolidating all children's services — from parenting centres to daycare — into new community hubs, preferably in schools. TORSTAR NEWS SERVICE

News in brief

WHISKY A nine-year legal battle over a wee word has finally come to an end. Nova Scotia's Glen Breton Whisky will keep its name after the Supreme Court of Canada refused to hear a final appeal by the Scotch Whisky Association, which has fought long and hard to keep the prefix "Glen" off labels of the single malt.

ROYALTIES Alberta is standing firm on its newly changed oil and gas royalty regime, but it is still willing to talk to the energy industry about ways to prevent further drops in drilling, the provincial energy minister said yesterday. The comments came as some industry executives said the controversial royalty framework repelled capital, even with incentives put in place since. REUTERS

The butterfly effect can teach scientists about species loss

The blue butterfly died out in Britain 30 years ago because of disruptions to a life cycle that includes pretending to be an ant, according to a study that points to smarter ways to protect wildlife. Research hints at how governments can use science to achieve UN goals of slowing a loss of animal and plant species. REUTERS

World

Women not raunchy enough: Publisher

Women are not passionate enough about sex and concentrate too much on feelings to be able to write raunchy stories, the new owner of Britain's Erotic Review said yesterday. Determined not to let the magazine be "drowned in estrogen," Kate Copstick said she would have almost exclusively male writers as they knew a lot more about sex. "I think women, too many of them, whether it's nature or nurture or politics, they're not straightforward about sex," Copstick said. REUTERS

Militia fires on Iranian protesters

Iran's hardline Islamic Basij militiamen killed at least one person yesterday and wounded more when their building was attacked by demonstrators protesting an election they say was stolen by President Mahmoud Ahmadinejad.

Early this morning state television said seven had also been killed near the site of a rally in Tehran. It was unclear if the dead were opposition supporters or others.

An Iranian photographer witnessed yesterday's shooting, which came during a demonstration by tens of thousands in Tehran in support of opposition candidate Mir Hossein Mousavi, who has appealed the election result.

Gunfire was also heard in three districts of wealthy northern Tehran, residents said. Speaking before the shooting, Mousavi said he was "ready to pay any price" in his fight against election irregularities.

Members of Iran's security forces have at times fired into the air during two days of the capital's most violent unrest since the 1979 Islamic Revolution, and used batons to beat protesters who pelted police with stones. The Basij militia is a volunteer force fiercely loyal to Supreme Leader Ayatollah Ali Khamenei, who has the final say on all matters of state in Iran.

Mousavi said he was not optimistic about his appeal against the result of Friday's election to the 12-man Guardian Council, six of them selected by Khamenei, six elected by parliament. REUTERS

'Biggest crisis since the revolution'

- Ebrahim Yazdi, leader of the banned opposition Freedom Movement, said Ahmadinejad's attacks on his opponents had opened a "Pandora's box" of divisions within the establishment and between the people and their government. "It is the biggest crisis since the revolution," he said.

Prosecutor seeks end to French branch of Scientology

COURT A French prosecutor yesterday recommended a Paris court should dissolve the Church of Scientology's French branch when it rules on charges of fraud against the organization.

Registered as a religion in the U.S., with celebrity members such as actors Tom Cruise and John Travolta, Scientology enjoys no such legal protection in France, where it has faced repeated accusations of being a money-making cult.

The Church's Paris headquarters and bookshop are defendants in a fraud trial that began on May 25. Summing up her views on the case, state prosecutor Maud Coujard urged the court to return a guilty verdict and dissolve the organization in France.

The Church of Scientology denies the fraud charges and says the case against it violates freedom of religion. A ruling is expected within months. REUTERS

Taliban beats, humiliates musicians at wedding

AFGHANISTAN Taliban fighters beat musicians, shaved their heads and left them tied to trees overnight because they performed at an Afghan wedding, a village tribal chief said yesterday. While in power from 1996-2001, the Taliban banned music as un-Islamic.

The militants have returned to areas in the east and south of the country, where violence has sharply spiked in recent years. They attack government officials, Afghan police, foreign troops and schools that teach girls, another practice they forbid.

"A party was going on when a group of Taliban grabbed five musicians and started beating them and smashing their musical instruments," said Rahmatullah Khan, a head of Merke Khel village in the east of the country.

Afghan weddings and engagement parties in rural areas are traditionally celebrated with hundreds of guests, music and singing that often continues until late at night. REUTERS

Thailand **Flu fears**

SUREE SUKPLANG/REUTERS

Workers clean a street in Pattaya, Thailand, yesterday. The Thai Public Health Ministry confirmed a total of 201 cases of influenza A (H1N1), also known as swine flu, and predicted more cases will be found, particularly in schools and factories. The ministry is endeavouring to contain the outbreak.

Three women killed in Yemen

SANAA Three women from a party of nine kidnapped foreigners have been found dead in Yemen, officials said yesterday, in a rare killing that comes as separatist and militant tensions intensify.

The three women were believed to have been shot, two sources told Reuters. Yemeni state news agency Saba said the three were part of a group of seven Germans, a Briton and a Korean that included three children and their mother and were kidnapped last week.

One of the Germans was a doctor at a local hospital, which the other Germans were visiting. The Briton is an engineer and the South Korean was working with an aid agency. REUTERS

Woman charged in webcam abuse of her child

MAINE British detectives said an investigation into Internet child pornography had uncovered a woman in the U.S. suspected of using a webcam to broadcast live sexual abuse of her young child.

British police launched the investigation when officers arrested an 18-year-old man in central England, who was later charged with possessing and distributing abusive images of children.

The following day, detectives contacted Britain's Child Exploitation Online Protection agency and the U.S. Embassy, leading to the arrest of the woman in Maine. REUTERS

Children in custody

- West Midlands Police said the woman's four children, aged between 18 months and five years, had been taken into custody. She had been charged with gross sexual assault and was being held on a $20,000 bail.

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News in brief

DISASTERS Asian countries led by Bangladesh and China dominated an index produced yesterday by the United Nations that estimates which populations are most at risk from earthquakes, floods, cyclones and landslides.

IRAQ Hundreds of Iraqi prisoners are protesting dire prison conditions and systematic torture including rape, lawmakers said yesterday. The prisoners have gone on a partial hunger strike to try to draw attention to their plight, said Ahmed al-Masoudi, a spokesman for supporters of anti-American Shiite cleric Moqtada al-Sadr. "They are protesting because they have been systematically tortured and forced to confess to things they didn't do," said Masoudi. REUTERS

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Comment

Dancing with politicians

Is the prime minister prepared to waltz to Iggy's tune?

NationalReport
Lawrence Martin
metronews.ca/nationalreport

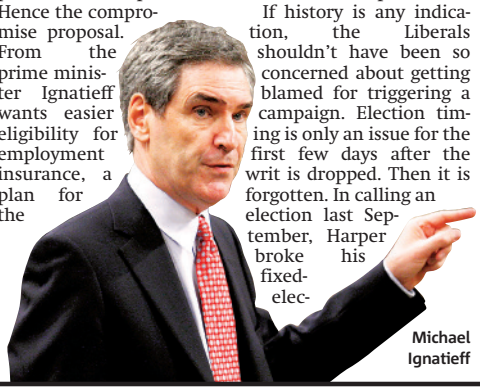
We play the tune, prime minister, you dance.

That was the message from Liberal Leader Michael Ignatieff yesterday. He doesn't want an election, he told Stephen Harper, but if you don't meet our demands, there will be one.

That got Harper's attention. Though he doesn't like dancing to anyone's number but his own, it appears he's prepared to put on his waltzing shoes this time.

The two leaders are to meet today to try to work out a deal. It looks, for the moment at least, an election will be avoided. That's probably good for the Conservatives, not so good for the Liberals, who have that precious political commodity known as momentum working for them.

Most senior Liberal strategists want an election but feared being seen as forcing one against the public's will. They didn't want their leader to look like just another rank, opportunistic politician. Hence the compromise proposal. From the prime minister Ignatieff wants easier eligibility for employment insurance, a plan for the long-term elimination of the deficit, more specifics on stimulus spending and a plan to deal with the isotope crisis.


Michael Ignatieff

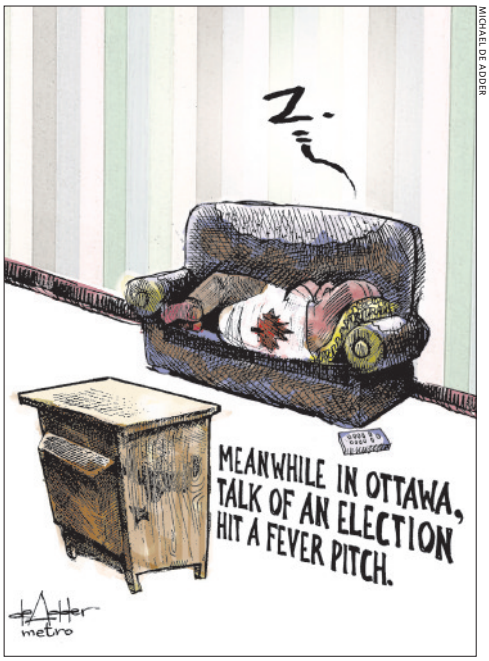
Employment insurance is the big one and the PM indicated he is amenable to changes. If he gives enough, Ignatieff will declare victory and everybody can relax until at least until the fall. That will give the Conservatives chance to recoup.

If history is any indication, the Liberals shouldn't have been so concerned about getting blamed for triggering a campaign. Election timing is only an issue for the first few days after the writ is dropped. Then it is forgotten. In calling an election last September, Harper broke his fixed-election date promise — and it didn't hurt him.

Tracking polls put the Liberals six or seven points in front. The Lisa Raitt affair gave them a boost. And just this weekend, Tom Flanagan, Harper's longtime mentor, gave them another lift. In an updated version of his book, Harper's Team, the senior Tory strategist essentially concedes the Harper critics have been right — that the PM has no vision, that he is guided only by political considerations, and that he dealt a terrible blow to the party with his boneheaded fiscal update of last fall.

Coming from a Conservative, that's great ammunition. The Liberals would like to use it now. If the prime minister is smart, he won't give them the chance — not until the autumn leaves fall.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADDER

Views

Vigilante justice: A return to the Wild West

InStep
Christine Williams

Some recent cases have resurrected the weighty issue of vigilantism. Although an offender may very well "get what he deserves," we need to carefully think through the potential dangers of supporting vigilantism.

Let's look at a couple cases: A 51-year-old man enters a Chinatown store in Toronto for the second time that same day. A clerk, the store manager and owner team up to apprehend him, allegedly punching, kicking, and tying him up before stuffing him into a waiting van as police arrived. The apprehenders were the ones charged, although the courts have yet to determine whether this was actually a case of vigilantism or a zealous citizens' arrest.

In Oklahoma City, two teens hold up a pharmacy. The surveillance camera shows the pharmacist shooting one of them in the head and chasing away the other. As the teen struggles on the floor, he is finished off with five more bullets. There has been an outpouring of support for the pharmacist.

Then, in Philadelphia, an 11-year-old girl is brutally raped. The suspect is identified by eyewitnesses and lynched by a mob of at least a dozen angry neighbours, leaving him in critical condition and on life support. Once again, there is an outpouring of support for the neighbours and understandably so.

Support for vigilantism cannot be ignored. It represents an outcry that people are at the end of their tether with criminals terrorizing their communities.

But there is a danger when we become emotionally driven to support acts where angry citizens become police, judge, jury and executioner in one. It becomes an undermining of our judicial system and even a greater affront to our civilized democracy. We regress to the archaic and anarchic Wild West system of justice where vigilante groups filled a gap of an organized system. Some of these groups even proved to be as nefarious as the criminals themselves.

There is no shortcut to a justice system that we may deem ineffectual. It will continue to be a work-in-progress.

But there is some good news for those who want tougher crime legislation: Ottawa has introduced a bill to repeal the "faint hope" clause. If passed, the legislation would mean that anyone convicted of first- or second-degree murder would no longer be able to apply for early parole.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Worth mentioning

McCartney suggests one meat-free day a week

Former Beatle Paul McCartney has launched a "Meat Free Monday" campaign in Britain in a bid to help combat climate change.

The campaign has already been launched in the U.S. and Australia.

UN reports show the livestock sector accounts for around 18 per cent of greenhouse gas emissions blamed for global warming, more than the transport industry.

"I think many of us feel helpless in the face of environmental challenges, and it can be hard to know how to sort through the advice about what we can do to make a meaningful contribution to a cleaner, more sustainable, healthier world," McCartney said on the campaign's official website.

"Having one designated meat-free day a week is actually a meaningful change that everyone can make, that goes to the heart of several important political, environmental and ethical issues all at once," he added on supportmfm.org.

"For instance, it not only addresses pollution, but better health, the ethical treatment of animals, global hunger and community and political activism."

REUTERS

Metro Online Poll Results

3% SAID YES	Do you believe political apologies are sincere? *Weigh in on today's question at metronews.ca*	97% SAID NO

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Australian radio station asks Branson to spare a million

An Australian radio station hit hard by the economic downturn managed to ask Richard Branson for A$1 million ($900,000) — and the British entrepreneur politely refused. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Report wary of debt

Households under strain, says central bank

Climbing debt levels have put Canadian households under increased financial strain amid surging job losses, stagnating income growth and slumping personal wealth, says a new report by the Bank of Canada.

The central bank's twice-yearly Financial System Review, released yesterday, suggests that households are increasingly vulnerable to "adverse shocks" such as an even bigger jump in the unemployment rate. It found that weaker household finances also posed an "increased" risk to the Canadian financial system over the past six months as banks braced for more soured loans.

"Income growth has slowed, and personal wealth levels have been eroded by lower house prices in some regions," said the bank's report. "Credit growth has continued to outpace income growth, contributing to higher debt levels. At the same time, sharp increases in unemployment are raising the incidence of financial stress among households."

"Credit growth has continued to outpace income growth, contributing to higher debt levels."
Financial System Review statement

While Canadian household finances remain "reasonably healthy," the central bank highlighted certain areas of concern. For instance, household real net worth continued to decline in the fourth quarter of 2008. That figure, which reflects total household assets minus liabilities, dropped by 6.7 per cent on a year-over-year basis to $48.59 billion.

"This drop reflects the combined effect of increased household debt levels, weakening real estate assets and sharp losses in the value of financial assets caused by equity market declines," the bank said.

Of key concern is the unemployment rate, which rose to 8.4 per cent in May. The Bank of Canada said those escalating job losses have fuelled a surge in personal bankruptcies. It also noted that more consumers are falling behind on their mortgages and credit card bills.

TORSTAR NEWS SERVICE

India **Fighting child labour**

RUPAK DE CHOWDHURI/REUTERS

Twelve-year-old Mamta Singh, a child labourer, carries a basket of sand by the river Balason on the outskirts of Siliguri, in eastern India, yesterday. The International Labour Organization celebrates World Day Against Child Labour on Friday.

Home resale prices rise to record

SunnySide

REAL ESTATE Resale prices for Canadian homes rose to their highest average on record in May, while sales activity climbed for a fourth straight month as consumer confidence strengthened, according to an industry report released yesterday.

But rebounding sales in some of the most expensive markets skewed the national average, the Canadian Real Estate Association said in the report.

The average home price last month rose 0.4 per cent to $319,757, topping the previous record set a year ago. It was the first year-over-year increase since May last year.

The average price has recovered 16.4 per cent from the low reached in January, CREA said.

Home sales rose eight per cent to 37,649 units in May from April, the fourth consecutive monthly increase on a seasonally adjusted basis. Nationally, 49,521 units changed hands in May, down 0.8 per cent from a year ago.

REUTERS

Business in brief

WIRELESS Nokia and Samsung unveiled yesterday phones offering features comparable to the iPhone and Palm's Pre, but at lower prices. Nokia launched three handsets, including 5530 Xpressmusic, a touchscreen model, and Samsung unveiled its Jet model, featuring touchscreen, next-generation display and improved processor.

AIG The U.S. government bailout of AIG and bonuses paid by the insurer cannot be brought up during trial of the firm's suit involving ex-CEO Maurice Greenberg, a judge ruled yesterday. AIG, claiming breach of fiduciary duty, is seeking its shares held by Greenberg-controlled Starr and the proceeds of any sales. REUTERS

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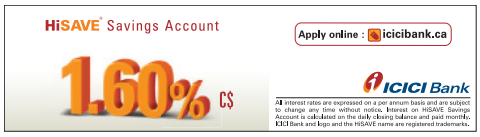
Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



Bills: Tag it and bag it

Organization isn't just for interior designers, your first step to more money is keeping track

AlisonOnMoney

If cleanliness and — adding a new dimension to the proverb — orderliness are next to godliness, my household is doomed to an eternity in purgatory.

From a mountain of solo socks to stacks of newspapers and magazines on the chairs, the space I work and live in is often in gentle disarray.

But I'm fussy about financial bits and pieces. All it takes to lose control financially is to let stacks of statements, receipts and bills pile up.

Tame the chaos with three folders marked with the following: To Read, To File, To Pay. Put them in a wall-mounted file holder, a desktop file box or an accordion folder and locate it close to where you enter the house or sort your mail.

Each day when you open the snail mail, check your email or clean out your wallet, slot everything into its place. Getting the items into a file with a specific intent is a big part of organization.

It is the eco-trend to go paperless but even so I recommend printing out e-bills or proofs of payment as they arrive and filing them. Statements from banks, Canada Revenue Agency, RRSPs and RESPs belong in To Read.

Just getting the envelopes opened forces you to pay attention even if you don't have time to scrutinize the contents.

In the second, To File, put receipts relating to next year's taxes — daycare and medical receipts, for instance — and general purchase receipts.

Don't forget to keep grocery tabs and even receipts for small items: Anything you buy can be defective or unsuitable and the majority of non-sale items can be returned.

Finally, the category most people fret about, To Be Paid. Open, take a peek, circle the due date and in it goes. Twice a month clear out To Be Paid and once a month go through the To Read file and find a final resting place for everything in To File.

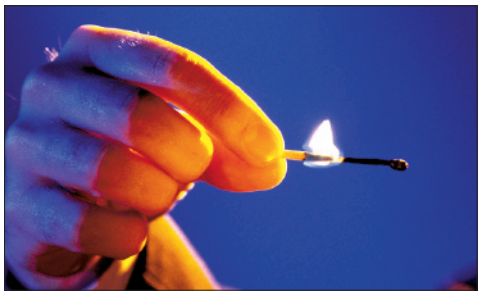
If you follow these three simple steps you'll keep your financial house in order and achieve something delightful — a sense of financial control.

Alison's Money Rule:

- To Read. To Pay. To File. Three simple steps are all it takes to keep your financial house in order.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

If you let stacks of bills, receipts and statements accumulate, you'll lose control of your finances.



Stay on top of your credit — you'll need it when times are tough.

Don't wait for disaster

MoneyMatters

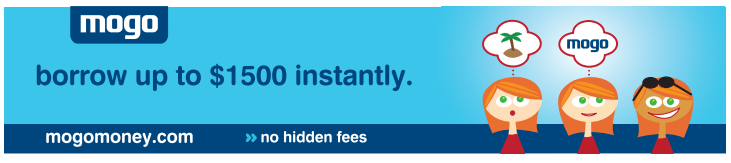
Q Last year, the economy forced me to close my business. The business didn't make me wealthy, but I earned enough to pay my mortgage and car loan. I'm now in default on my mortgage and haven't made a car or credit card payment for almost three months. Should I apply for loans before my credit rating is negatively affected? — Drew

A Financial institutions report to credit bureaus frequently, so your credit rating may already reflect your delinquency. Contact your finance companies to make an amicable arrangement.

Seeking more credit will not solve your problems but create more: The solution is to reduce expenses, pay down and manage debts and focus on increasing income. This may involve liquidating some assets such as stock holdings or furnishings to satisfy your obligations. A loan can be useful, provided it's used to consolidate debt.

Keeping good credit impacts your ability to borrow, obtain competitive interest rates and lower insurance premiums as well as maintain a positive self-image. That's why it's important to be proactive — in future, don't just wait for the hammer to fall.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.



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Web banking

The National Student Loans Service Centre (NSLSC) website offers numerous tools to help you manage your student loan online. Visit nslsc.canlearn.ca/eng/default.aspx to register. METRO NEWS SERVICES

Debt after school? You can survive

If you are graduating with a large student debt, you might think it will be impossible to pay off. But with sound advice and a clear strategy, paying off your debt is within your reach.

Learn how to get started with these tips from RBC's Director of Student Markets, Kavita Joshi:

Remember that you have options

If you think you will have trouble making your payments, remember that you have control over your repayment based on your financial situation. You should negotiate with your lending institution to ensure that you have a repayment plan that works for you.

Consider debt management tools

Loan repayment can be challenging, so debt management tools such as interest relief and a revision of loan terms may be available to you. Contact the National Student Loans Service Centre at 1-888-815-4514 or your financial institution to find out more.

Talk to an expert

Financial advisers can be an invaluable resource. Seeking their advice can help you find easier ways to pay off your loans.

Use extra money to pay the principal

Money left over at the end of the month can be used to make a payment on the principal of your loan. This will lower the total amount you owe on the loan and will save you interest paid in the long run. NEWS CANADA

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Crosby disrespectful: Zetterberg

Henrik Zetterberg says it was disrespectful for Penguins captain Sidney Crosby not to shake hands with all of Detroit's players after Pittsburgh won the Stanley Cup. Detroit captain Nicklas Lidstrom, who waited while Crosby celebrated winning the Cup with his teammates, said that Crosby would learn from the situation. METRO NEWS SERVICES

Sports

'Canes extend Maurice

In an effort to keep their coaching staff together after their run to the Eastern Conference final, the Carolina Hurricanes have agreed to terms with coach Paul Maurice, left, on a multi-year contract. Ron Francis will return as associate head coach, sssistant coaches Kevin McCarthy and Tom Rowe will remain, while Tom Barrasso will also take the title of assistant coach. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sports in brief

DRIVER KILLED Driver Carlos Pardo was killed in a crash during the final laps of a NASCAR Mexico race, organizers said. Pardo was leading the race in the 97th lap when his car was nudged by a competitor and slid sideways into a wall at the entrance to the pit lane at about 120 m.p.h. Sunday. The car disintegrated as a result of the impact.

HATCHER RETIRES Derian Hatcher's tenure as an NHL defencemen ended yesterday — right around the time his coaching career began. Hatcher announced his retirement — ending a 17-year playing career — and was immediately named player development coach with Philadelphia, where he spent the past four years. Hatcher takes over the position from Eric Desjardins, another former Flyer who stepped down to pursue other interests.

BURRESS The weapons possession case against former New York Giants wide receiver Plaxico Burress has been adjourned until September. The 31-year-old Burress shot himself in the thigh with an unlicenced gun Nov. 29 while in a Manhattan nightclub. He was charged with criminal possession of a weapon and faces up to 3½ years in prison. METRO NEWS SERVICES

Coyotes to stay put

Judge says Balsillie's deadline too soon to move team

The Coyotes will remain in Phoenix after bankruptcy court Judge Redfield T. Baum rejected a proposed sale of the team to billionaire Jim Balsillie, who was set to move the team to Hamilton, Ont.

In his ruling, Baum said he didn't think certain unresolved issues could be resolved by a June 29 deadline. Baum said he didn't think there was sufficient time for the issues to be presented to the court given that deadline. Baum also said the June 22nd auction date for the bankrupt team was cancelled.

Just last month, Coyotes owner Jerry Moyes filed for Chapter 11 reorganization with a proposed sale of $212.5 million to PSE Sports & Entertainment LP, which would move the team to southern Ontario. The new owner of the team would have been Balsillie, who is co-chief executive of Research in Motion.

Since moving to the desert in 1996 from Winnipeg, the team has consistently lost money and has had trouble drawing a fan base. The Coyotes have only made the playoffs five times since going to the desert and have never made it past the first round. Also, the team has had just one winning season since last making the playoffs in the 2002-03 season. METRO NEWS SERVICES

Balsillie's response

- "Jim Balsillie's bid to bring a seventh NHL team to Canada continues," spokesman Bill Walker said in a statement.

"The court still controls the sale process. As a result, we look forward to hearing from the NHL soon on its view of our relocation application and an appropriate relocation fee, so as to allow the court to determine if that fee is reasonable.

"We still think there is enough time for the NHL to approve Mr. Balsillie's application and move the team to Hamilton by September. The court invited mediation on these issues and Mr. Balsillie is willing to participate in such mediation if the NHL is also willing to do so."

Whitecaps fine players for fight

SOCCER Vancouver Whitecaps FC announced yesterday that the club have fined defender Wesley Charles and forward Charles Gbeke for an undisclosed amount, as a result of their unsportsmanlike behaviour during the Whitecaps home match versus Miami FC Blues last Friday.

In addition to the monetary fines, the players will be suspended. Tomorrow the United Soccer Leagues will make a decision regarding the duration of their league suspensions, at which time the club will also announce the full extent of their suspensions.

"As a club, we do not condone any violent conduct on or off the field," said Whitecaps president Bob Lenarduzzi. METRO NEWS SERVICES

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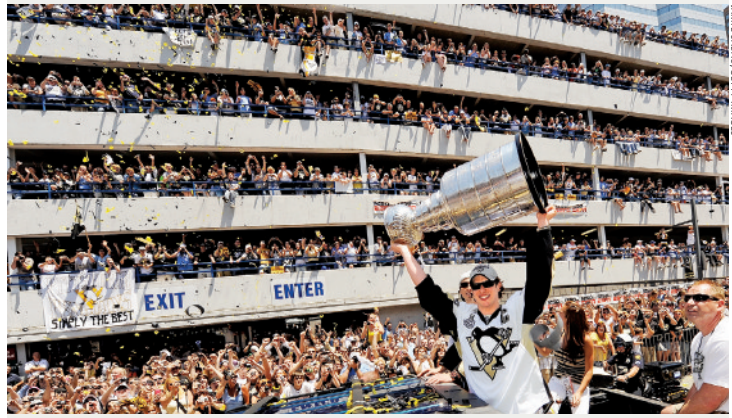

JAMIE SABAU/GETTY IMAGES

Sidney Crosby of the Pittsburgh Penguins holds the Stanley Cup aloft for the fans along the Blvd. of the Allies during the Stanley Cup Parade yesterday in Pittsburgh. The NFL's Pittsburgh Steelers followed the same parade route four months ago after winning the Super Bowl.

Sports make pleas for 2016 Games

OLYMPICS Seven sports hoping to be included in the 2016 Olympics made their pitch to the International Olympic Committee yesterday.

Golf, karate, squash, baseball, softball, roller sports and rugby are vying for a maximum of two spots in the programme.

The IOC, eager to revamp the schedule to attract younger audiences, will shortlist two of the seven sports in August before a final vote on their inclusion two months later.

Madrid, Tokyo, Chicago and Rio de Janeiro are bidding to host the 2016 Games, with the host also picked in October.

"To be the first gold-medal winner in 112 years? I will be 53 then," said 2010 European Ryder Cup captain Colin Montgomerie as golf presented its case to the IOC's executive board.

"We have missed out on that for more than a century," added the Briton. Golf was last an Olympic sport in 1904.

The presentation team showed a video with top players past and present including Jack Nicklaus and Tiger Woods pledging their support to golf's bid to join the Olympics.

Baseball officials assured the IOC a "selection of the best players" would be made available for the Olympics despite a clash with the Major League Baseball (MLB) season. REUTERS

Mole risk factor for kids
Children have a five per cent increase in mole development with each waterside vacation, say researchers. Moles are a risk factor for malignant melanoma. Experts say you should apply waterproof sunscreen on your child often. **BEST HEALTH MAGAZINE**

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

If you are worried that you may not have been protected during sex, you might want to consider a new emergency contraception called NorLevo, now available in Canada. The other option in Plan B, also known as "the morning after pill."

When protection fails

NorLevo newest emergency contraception in Canada

CELIA MILNE
for Metro Canada

Sometimes a woman realizes right after sex that she wasn't protected.

Perhaps the condom broke. Perhaps she forgot to take the Pill or took it incorrectly. Perhaps the diaphragm dislodged or the I.U.D. fell out. Perhaps she wasn't protected at all.

For times like this, there's a new emergency contraception in Canada. NorLevo comes in a little pink box and is available without a prescription. It should be used within 72 hours of unprotected sex, the earlier the better.

"NorLevo is an excellent option if regular contraception has failed or is forgotten," says Dr. Vivien Brown, a family physician on staff at the University of Toronto who has an expertise in women's health. According to Brown, NorLevo is 95 per cent effective in preventing pregnancy when taken between 12 and 24 hours after unprotected sex. When taken within 24 to 48 hours after intercourse, it is 85 per cent effective and when taken between 48 and 72 hours afterward, it is 58 per cent effective.

NorLevo is the second emergency contraceptive available in Canada. The other one is Plan B, also known as the "morning after pill." These products are not meant to be used as regular contraception. "Women should keep in mind that NorLevo is a good option 'just in case'. It is not intended for long-term contraception. Nor does it protect against future acts of unprotected sex," says Brown.

"Women should keep in mind that NorLevo is a good option 'just in case'. It is not intended for long-term contraception."
Dr. Vivien Brown, family physician

"If women do not wish to become pregnant they should abstain or consider contraceptive options that regularly protect against pregnancy," she adds.

Studies show that about half of pregnancies in Canada are unintended. Half occur among women using contraception. Many of these women are using birth control incorrectly or inconsistently.

NorLevo is considered safe for all women of childbearing age. It can cause nausea and vomiting, pain in the lower abdomen, headaches, fatigue and dizziness.

Spring-cleaning for your skin

RHONDA ROVAN
For Metro Canada

Many of us know the benefits of exfoliation in whisking away complexion-dulling dead skin cells.

But it does more than that, says Holly Sherrard, education manager for Dermalogica Canada.

"Exfoliating increases cell turnover to reveal newer, healthier skin cells, plus it decreases blackheads, minimizes hyperpigmentation and fine lines, and imparts an all-over healthy glow."

It also helps with hydration.

"Cells transitioning from below the skin's surface to the topmost layer bring with them essential lipids and moisture," she says.

That's good news for your face. And what better time than spring to bust out the exfoliants for the body and feet, too?

If you're planning on using a self-tanner, you need to exfoliate to avoid uneven patches (although simply shaving your legs will also exfoliate them).

Whatever you do, don't take the word "scrub" too literally — especially on the face — because over-exfoliating will result in red, irritated, flaking skin.

"Gently massage exfoliants into skin using light pressure," advises Sherrard.

The beauty aisles tempt us with scrubs laced with essential oils, boosted with moisturizers, and using everything from natural pumice to jojoba microbeads to pulverized grapeseed for refining your skin.

But you can always go back to buffing basics and save some bucks in the process by exfoliating with a humble washcloth or a loofah.

Mixing up one of the many easy Internet recipes for skin-softening salt or sugar body scrubs will give you a little spa-at-home moment.

And rubbing sand and oil onto your bod the way Brazilians do is about as natural as it gets.

Homemade scrub

- Blend 1/3 cup (75 mL) brown sugar with 1/2 cup (125 mL) oil, such as sweet almond or grapeseed (canola will do in a pinch). Add a few drops of essential oil, such as lavender for calming or lemon grass for energizing. Or, instead of essential oil, add minced ginger, which stimulates circulation, and a drop or two of vanilla extract.

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Beware the superbug

STUDY Ever wonder why doctors are reluctant to prescribe antibiotics?

One of the reasons is that while antibiotics kill certain bacteria in our bodies, they allow others to grow stronger. One example is a potentially deadly bacterium in the stomach called Clostridium difficile, or C. difficile. This has become a "superbug," meaning it knows how to outsmart antibiotics.

If you take antibiotics for bronchitis, sinusitis or a urinary tract infection and then you come in contact with C. difficile, this nasty bacteria could flourish and make you very sick. This bug causes hundreds of thousands of infections in the community each year.

CELIA MILNE/FOR METRO CANADA

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Sexy reasons to smile

The J Spot

There's enough positive news about sex to keep couples happy, columnist Josey Vogels says.

I have "sex" as one of my personalized Google news searches in order to help find topics for this column. The problem is I rarely use the stories that come up because they almost always involve horrific sexual abuse or assault or a creepy sex crime.

As if the regular news wasn't depressing enough, the sex news also seems extra grim these days. So this week, I'm bucking the trend with some happy sex news stories.

We are constantly hearing that married people's sex lives inevitably end up in the toilet (the shelves of sex improvement books seem to support this), but a poll of 3,000 adults in the U.K. found that most couples enjoyed their best sex after four years together because they felt their sexiest and were more confident showing off their body to their partner and more comfortable trying new things together.

Now even your sex life can be more eco-friendly with solar-powered vibrators like Sola, a small bullet-shaped vibrator powered by the sun. Or trade in your old toys for a $10 coupon and free shipping on your next sex toy through the mail-in Sex Toy Recycling Program (recyclemysextoy.com). Sorry, curbside pickup is not available.

Being a strong supporter of female orgasm (I've never met one I didn't like), I'm thrilled with U.S. anesthesiologist Dr. Lulu Marquez' campaign to make orgasm a right for women. "An orgasm should be a right," she said in one interview. "When you have a sexually satisfying encounter, you look beautiful and satisfied." And who doesn't want that?

Religion and sex don't always have the coziest relationship so it's good to hear some sex-positive messages coming from the pulpit, literally. Reverend Ed Young of the evangelical Fellowship Church in Texas told married members of his congregation to have sex every day for seven days to strengthen their marriages. His advice after the week was over? Keep going.

Sunny Side

And while the traditional religious viewpoint is that married sex is the only acceptable way to go, a report to the Church of Scotland's suggests allowing sex outside of marriage as long as it was about "genuine intimacy, not just a physical thrill, and did not mean being unfaithful to an existing committed relationship."

Wedad Lootah, a traditional Muslim who works as a marital counselor in Dubai, has authored Top Secret: Sexual Guidance for Married Couples in which she celebrates the female orgasm, confronts taboo topics like homosexuality and urges Arabs to transcend the backward traditions that limit their sexual happiness.

Despite death threats, Lootah believes educating the public is worth the risk.

And finally, three words: Christian Sex Toys. Find them at mybelovedsgarden.net.

To welcome more positive sexuality into your life, check out five ways to enjoy a sexier summer in Josey's Sexcetera blog at metronews.ca/blogs.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Roadmap to Healthy Ever After

SHOW Are you following a healthy lifestyle? Look for Healthy Ever After, a TV show hosted by journalist and broadcaster Valerie Pringle.

It premieres this coming Saturday at 8 p.m. ET on Global.

"There are many things we can and must do for ourselves and our families to prevent disease and we'll tell you about them," Pringle tells Metro.

She adds that, "As a mother of three kids — now young adults — I was constantly wondering what was good, what was bad, what was truly healthy and what was just 'trendy', when they were growing up."

The show will feature real Canadians as they sort out whether they are making the right health decisions.

Guest experts include cardiologist Dr. Anthony Graham and internist Dr. Ian Blumer, co-author of Diabetes for Dummies.

"Healthy Ever After" is funded by a group of companies that make medical devices used in diabetes.

CELIA MILNE/FOR METRO CANADA

Health In brief

STUDY Children who move frequently may have a heightened risk of suicide. A Danish study assessed records for all children born in Denmark between 1978 and 1995. When the children were between the ages of 11 and 17, 4,160 of them attempted suicide and 79 of them committed suicide. Researchers found the troubled children were far more likely to have moved frequently. **CELIA MILNE/FOR METRO CANADA**

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Mama's boy, mama's girl

BMI of mothers has bearing on child's weight: Study

CELIA MILNE
for Metro Canada

Researchers concluded there was a direct association between women's pre-pregnancy BMI and the weight of their offspring.

How big is your mother? Like it or not, you'll tend to be the same size.

A new study has found that the BMI of mothers has a strong bearing on their children's weight as an adult.

The study was done in Pelotas, Brazil, and it is quite reliable because it assessed a large number of people. Thousands of women were measured for BMI in 1982 just before they got pregnant. Then 4,973 of their children — both males and females — were measured for BMI and waist-to-height ratio in 2004-2005, when they were 23 years old.

Women in the original group were divided into four categories: Underweight, normal weight, overweight and obese. Their children at age 23, for the most part, fell into the same categories as their mothers.

Researchers concluded there was a direct association between women's pre-pregnancy BMI and the weight of their offspring.

"The study tells us that part of the association may be due to genetic factors, however, environmental factors and current lifestyle of children also contribute to the association," Ana Lilia Lozada Tequeanes, one of the authors of the study, told Metro.

She is a researcher at the Center for Nutrition and Health at the National Institute for Public Health in Cuernavaca, Mexico.

For each unit of maternal pre-pregnancy BMI, the offspring's BMI increased as well. This finding is consistent with other, similar studies that have been done in other parts of the world.

Lozada Tequeanes says that when trying to curb obesity in society, decision-makers need to target early factors that predispose people to obesity.

The study was first published online in the Feb. 11, 2009 issue of the Journal of Nutrition.

"The study tells us that part of the association may be due to genetic factors, however, environmental factors and current lifestyle of children also contribute to the association."
Ana Lilia Lozada Tequeanes, study researcher

ADHD post-'50s disorder: Scientist

Einstein was called a poor scholar, but became the 20th century's most wildly original thinker. Mozart could compose entire symphonies in his mind, yet forgot basic household tasks.

Advocates for people with ADHD hold up these historical greats — and countless other famous faces — as evidence that attention deficit hyperactivity disorder has a long history. People with ADHD are told to take comfort in the number of people who excelled despite hyperactive tendencies.

But a Canadian researcher is challenging this popular belief.

Medical historian Matthew Smith contends ADHD did not exist before the 1950s and says the disorder emerged only because of the social, economic and cultural changes of the last half-century.

Hyperactive behaviour only became a problem — and one that required treatment — when children spent less time in farm fields and more time in classrooms, says Smith, who recently presented his views at the Congress for the Humanities and Social Sciences at Carleton University.

"In the 1950s and '60s, that's when those sorts of hyperactive behaviours were seen as problematic and it was diagnosed as a medical disorder and deemed to need drug treatment."

Impulsive, aggressive and hyperactive behaviour might be inappropriate in a classroom, says Smith, says Smith, a Canadian currently completing his PhD at the University of Exeter in England. But, he adds, those same characteristics, reinterpreted as energy and confidence, may be considered a boon on the soccer pitch. **TORSTAR NEWS SERVICE**

Common problem

- ADHD is the most prevalent mental health problem among children, affecting from 5 to 12 per cent of kids.

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Angelina Jolie and Brad Pitt have donated $1 million US to St. John's Hospital in Pitt's hometown of Springfield, Mo., over the weekend. FEMALEFIRST.CO.UK

Entertainment

Depp top date
Johnny Depp topped a poll asking which famous father people would like to go on a date with. Depp received over 40 per cent of the speeddate.com vote, followed by Brad Pitt with 33.5 per cent. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Return of No Doubt

Pop-rockers hit road seeking inspiration for new album

IAN NATHANSON
for Metro Canada

The revived No Doubt is hitting the road this summer hoping to jump-start some fresh ideas for the California pop-rockers' first new album since 2001's Rock Steady.

"That's the whole reason why we doing this tour," lead singer Gwen Stefani tells Metro during a telephone news conference. "We just want to get out there, get inspired and get out of the house. I don't really expect to be writing any songs while we're touring, but this'll be a kind of new experiment to find some further inspiration."

In early 2008, guitarist Tom Dumont, bassist Tony Kanal and drummer Adrian Young started putting together some ideas while Stefani was pregnant with her second child at the time and finished promoting her second solo effort, 2006's The Sweet Escape. She and her alt-rocker husband Gavin Rossdale welcomed a new son, Zuma, that August.

"I just had a new baby which was totally emotional and difficult, and I had to be in mom mode for the last little while," Stefani explains of why the songwriting process was slow on her part. "You can't really press a button and just write a song. For me, it's both labouring and in need of some inspiring."

No Doubt live

- No Doubt plays General Motors Place on July 18.

At this point, the group admits, it's uncertain which musical direction the as-yet-untitled record — expected to be released in 2010 — will follow.

When No Doubt broke through in 1995 with its third album, Tragic Kingdom, the four were in full ska-punk-pop mode with hit singles Sunday Morning, Just A Girl and the ballad Don't Speak, written in the wake of a relationship breakup between Stefani and Kanal.

The followup, 2000's Return To Saturn, maintained some of its ska-punk past with single Ex-Girlfriend but drifted towards radio-friendly pop with Simple Kind Of Life.

In 2001, album No. 5 Rock Steady mixed electronica, funk, Jamaican dancehall and pop and spawned hits out of Hey Baby, Hella Good, Underneath It All and Running. A greatest-hits set followed two years later supported by an upbeat cover of Talk Talk's It's My Life.

So far, the only new song to come from No Doubt surfaced during the recently aired second-season finale to the TV drama Gossip Girl. The four, making a cameo under the group name Snowed Out, performed a pop-rock rendition of Adam & The Ants' Stand And Deliver.

"We were never planning to do that, it just happened to come along while we're making this new record," Stefani says. "But it turned out to be a really good exercise for us, trying to compete with the perfection of the original."

GETTY IMAGES

No Doubt frontwoman Gwen Stefani tells Metro, "We just want to get out there, get inspired and get out of the house."

VA 6/16/09

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Laughs	The Feud (N)	CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Inside Hollywood (N) (CC)		X-Weighted (N) (CC)		Ruby (N)	Style-Famous	News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Canada's Next Top Model (N)		The Mentalist (CC)		Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Road Kill" (CC)		Mental "Manic at the Disco"		NCIS (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		Monk (CC)		Law & Order: SVU		Cupid (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		Jimmy Kimmel	(:31) Friends	Hitched or Ditched (N) (CC)		Make Me a Supermodel		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "The Jet Set" (CC)		Hitched or Ditched (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Road Kill" (CC)		The Mentalist (CC)		(:01) 48 Hours Mystery (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	I'm a Celebrity, Get Me Out.		Law & Order: Criminal Intent		Dateline NBC (N) (CC)		News (N)
	602	568	19 W	How Clean	Friends (CC)	Remedy Me	Style by Jury	Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	NBA Basketball: Finals -- Magic at Lakers			Jimmy Kimmel	Wheel-Fortune	Jeopardy! (N)	Northern Exposure (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Double Impact ★★ (1991, Action) Jean-Claude Van Damme.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Magnificent Mind at Any Age With Dr. Daniel Amen (CC)				Frontline "Breaking the Bank"		Independent Lens "Ask Not"		Priests
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Joy" (CC)		Mental "Manic at the Disco"		News (N) (CC)		Family Guy
	-	364	45 PBS	Frontline "Breaking the Bank"		My Hero	Summer Wine	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Bone Diggers"	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	90210 "The Jet Set" (CC)		Hitched or Ditched (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	MLB Baseball		WGN News	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Paid Program
	199	311	76 STR	News (N)		News	Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	Fixing My Brain (CC)		CBC News: The National (N)		CBC News: The National		Fixing My Brain (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet Connected (Live)		Canucks TV	MMA Conn	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NBA Basketball: Finals Game 6 -- Magic at Lakers				SportsCentre	Score Golf Television Special		Motoring 2009	SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Departures "Antarctica"		Survivorman (CC)		Bounty Hunter	Bounty Hunter	Departures
	410	403	50 SCR	Soccer UEFA U-21 Championship -- Belarus vs. Sweden.				Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Super Bikes!	Super Bikes!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Drag Race	Drag Race	Super Bikes!
	416	409	144 GLF	Fútbol Colombiano		Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Survive This	Survive This	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "The Spins"		Mystery Hnt.
	555	545	60 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	61 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	63 TRE	Big Comfy	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Life in Cold Blood (CC)		Megabridges (CC)		Private Life of a Masterpiece		Return of G'psgolox Pole		Reservation
	575	583	20 CMT	Music Awards	CMT Star	Music Awards Red Carpet		CMT Music Awards 2009				
	570	580	24 MM	Video on Trial	disBand	One Tree Hill (CC)		Greek (CC)		MuchVibe		Spotlight
	600	564	25 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Design Inc.	HGTV's Top	Dirty Business	House
	615	520	31 A&E	The First 48 (CC)		The Cleaner (CC)		The First 48 (CC)		The First 48 "Last Wish"		The First 48
	628	584	32 SPKE	Jesse James Is a Dead Man		Jesse James Is a Dead Man		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Police Shoot.
	521	560	34 TLC	Little Couple	Little Couple	Jon & Kate	Jon & Kate	18 Kids-Count	18 Kids-Count	Little Couple	Little Couple	Dress
	616	522	53 SHO	The Outer Limits (CC)		Painkiller Jane "Higher Court"		Every Second Counts (2008, Drama) Stephen Collins. (CC)				House (CC)
	620	523	70 BVO	Natalie	Irish Music	Law & Order "Deadlock"		Without a Trace (CC)		Zelig ★★★ (1983) Woody Allen. (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives NYC		Trading Spouses		Biggest Loser
	520	505	42 DIS	Deadliest Catch (N) (CC)		Daily Planet (CC)		Destroyed	One Way Out	Deadliest Catch (CC)		How It's Made
	522	506	44 HIS	NCIS "Under Covers" (CC)		Lost Worlds (CC)		Zero Hour (CC)		NCIS "Under Covers" (CC)		Sea Hunters
	627	528	45 SPC	Watchmen	Watchmen	(:15) Stargate SG-1 "Fallout"		Star Trek: Next Gener.		(:15) Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	57 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Sex and-City	Cool Runnings ★★★ (1993) Leon. (CC)		
	619	525	48 TROP	Power Play (CC)		Tube Tales	Tube Tales	Seinfeld	Raymond	Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	320	621	60 CEN	(6:30) They Wait (2007)		The Good Witch's Garden (2009) Premiere.		The Nanny Diaries ★★ (2007, Comedy) (CC)				The Shepherd
	581	566	101 MTV	Run's House (CC)		MTV Live	After	Real World-Road Rules		Run's House (CC)		MTV Live
	261	394	102 V	Lost Gods	Search	Poltergeist: The Legacy		Demetrius and the Gladiators ★★★ (1954) Victor Mature.				Paid Program
	-	-	105 MUL	Eight Heroes	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Mental
Lots of kids are into video games, but for one of Jack's (Chris Vance) patients, it's all in his head. He's an 8-year-old bipolar boy obsessed with a video game that exists only in his imagination. When he attempts suicide and then flees the psych ward, Jack resorts to some mind games of his own to save the boy. Nora (Annabella Sciorra) learns her daughter is posting provocative pictures on the Internet in the new episode "Manic at the Disco." 9 PM on GTV FOX

CMT Music Awards 2009
It's been a sweet year for Sugarland, and the CMT Awards could be the icing on the cake. The duo has five nominations, including two in the duo of the year category for "All I Want to Do" and "Already Gone." Taylor Swift and Brad Paisley are right behind with four nominations each, and they're all scheduled to perform on the telecast, along with Trace Adkins, Jason Aldean, Dierks Bentley, Rascal Flatts and more. 9 PM on CMT

Polaris long list unveiled

MUSIC If there's one constant in the music world it's that people love lists — top ten lists, best of lists, year-end lists and on and on. But winning a spot on one particular list could earn a band big bucks and throngs of fans.

The Polaris Music Prize long list, which was unveiled yesterday, features 40 Canadian artists chosen by 181 music journalists from across the country. Musicians such as Leonard Cohen, K'Naan and Handsome Furs all made the cut, and are likely crossing their fingers that they'll make Polaris' short list, which will be announced July 7. If they do, they'll be one of 10 acts up for the $20,000 grand prize for best album.

View the complete list at metronews.ca/music.

METRO NEWS SERVICES

Kenya's Style
Kenya Hunt
Exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

Thandi to teach
Thandie Newton is to put her acting skills to good use teaching acting at Oprah Winfrey's Leadership Academy, a boarding school for girls growing up in poverty in South Africa. **FEMALEFIRST.CO.UK**

25 years of Ghostbusting

Sequel rumours, game release mark milestone

PHIL BROWN
for Metro Canada

It's hard to remember a time before Ghostbusters: pop culture references to proton packs, being slimed, giant Stay-Puft Marshmallow Men and that boppy Who-ya-gonna-call theme song have surely been with us forever.

In fact, the film is now celebrating its 25th anniversary, and to mark the milestone, fans can snap up a new Blu-ray and a videogame featuring the voices of the original cast.

Given that longevity, its also worth noting that the role of Canadian filmmaker Ivan Reitman in Ghostbusters' success has long been underrated. Without Reitman, the film likely wouldn't have made it to the screen.

"Dan Aykroyd originally wrote Ghostbusters for himself and John Belushi in the late '70s," says Reitman. "It took place in the future and in outer space with competing teams of Ghostbusters catching ghosts and aliens. Even back in the 1980s that would have cost hundreds of millions of dollars and frankly, it wasn't very funny."

Aykroyd may have planned a drastically different movie, but fortunately, Reitman knew how to make the idea work.

Blu-ray and video game out today

"I had lunch with Danny and said, 'You have this wonderful idea here, but instead of setting it in the future and in outer space, let's set it today in a big American city with The Ghostbusters starting out,'" recalls Reitman.

"He said 'Sure, I'll do that.' So we pitched it and the studio gave us the money before we had a script. We had to deliver the movie in 13 months."

It says a lot about the considerable talent involved that the movie was cobbled together so quickly with a great deal of improvisation ("I really believe in writing the last draft of the screenplay while we're shooting it," says Reitman) and still went on to become the highest grossing comedy of its time.

All these years later, the movie is still beloved by anyone with a pulse and there are even rumblings about another sequel — something that will only take place if the original creators want to be involved.

"There's certainly a lot of interest and we've been talking about it," says Reitman. "All of us have to agree on making the movie and we're waiting for a screenplay to get delivered at the moment. But it's a real possibility."

Fans will inevitably be crossing their fingers (but for safety's sake, not their streams) until the decision is made.

DVD picks

Friday the 13th
Director: Marcus Nispel

PEOPLE WHO always order the same beer and pizza toppings will love Marcus Nispel's remake of Friday the 13th, one of the original and most successful of the slasher film franchises. Despite its upgrade in technical and acting prowess (seriously), the story retains its Old Testament premise of harsh retribution for the sexually frisky and the racially diverse.

Hockey-masked Jason Voorhees is as determined and unsocial as ever, dealing out death via blade, arrow, spike or axe to whomever crosses his path at Crystal Lake, his remote camp retreat.

A double prologue sets Jason's "on" switch when his mom flips her lid, followed by a camping trip where he goes medieval on some uninvited guests. The two events set in motion a family quest saga that has worried brother Clay (Jared Padalecki from TV's Gilmore Girls and Supernatural) seeking out his missing sister, in the accidental company of other hunks and hotties. We know what's going to happen when Jason's vorpal blade goes snicker-snack, and not even the order of dispatch is much of a mystery.

Depending on what DVD version you seek, there are extras galore, including an extended cut (11 minutes longer), a trivia track and various celebrations of the Jason mystique — anyone for The 7 Best Kills?

JOHN PHONSON

Derek Mears starts as Jason in Friday the 13th.

One Week
Director: Michael McGowan

A CANADIAN ROAD trip movie that stars a sullen guy with terminal cancer and more Canuck symbols than an RCMP musical ride seems tailor-made to grind the teeth of the most patriotic citizen. Yet One Week manages to celebrate life and Canada without jerking tears or waving the flag too strenuously.

Ben Tyler (Joshua Jackson) is droning away at a dullsville Toronto job, avoiding his ambitions and sleepwalking into marriage with his fiancée Samantha (Liane Balaban), when he learns the clock is ticking on a cancer diagnosis, and survival isn't guaranteed even if he submits to brutal treatment.

Ben instead opts to skip town on a newly acquired motorbike, heading to B.C. on a trip he knows is delaying the inevitable.

Extras include a director's commentary, cast interviews and behind-the-scenes footage plus bonus road trippage. **PETER HOWELL/ FOR METRO CANADA**

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Stayin' together

Paris Hilton and Cristiano Ronaldo have vowed to make their long-distance relationship work. The socialite and the soccer star have promised to remain faithful to each other while Paris is in Dubai filming a new TV show. FEMALEFIRST.CO.UK

Celebrity Buzz

John live-Tweets partying

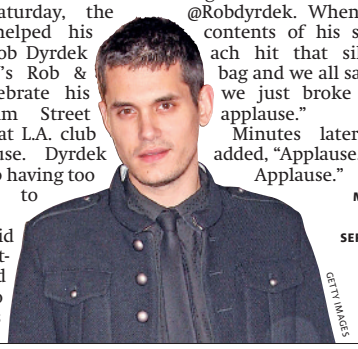
TOO MUCH INFO John Mayer gave fans something to tweet about over the weekend, usmagazine.com reports.

On Saturday, the singer helped his friend Rob Dyrdek (of MTV's Rob & Big) celebrate his new film Street Dreams at L.A. club My House. Dyrdek ended up having too much to drink, Mayer said (via Twitter), and he had to take his pal to the hospital to get his stomach pumped.

At Cedars-Sinai Medical Center, Mayer Tweeted: "In triage at Cedars with @Robdyrdek. When the contents of his stomach hit that silicon bag and we all saw it, we just broke into applause."

Minutes later he added, "Applause. S—! Applause."

METRO NEWS SERVICES



GETTY IMAGES

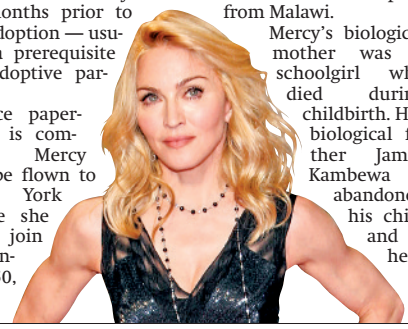
Madonna prepares for Mercy

KID ON THE WAY Madonna is moving her newly adopted daughter into a luxury lodge in Malawi today, femalefirst.co.uk reports.

The singer has sent a nanny and a nurse to look after toddler Mercy James while immigration paperwork is completed in the African country, allowing her to be flown to the U.S. where she will join the rest of Madonna's family.

Mercy was taken to the lodge in the country's capital, Lilongwe, after Madonna won an appeal hearing to adopt her on Friday. She was initially refused the right to adopt in April, on the grounds she hadn't lived in the country for 18 months prior to the adoption — usually a prerequisite for adoptive parents.

Once paperwork is complete, Mercy will be flown to New York where she will join Madonna, 50, and her new sister Lourdes, 12, and brothers Rocco, eight and David Banda, three — who was also adopted from Malawi.



Mercy's biological mother was a schoolgirl who died during childbirth. Her biological father James Kambewa abandoned his child and her mother before she was born, but says he still wants to be part of her life.

He said: "Let the child go. My only plea to Madonna is that she should seriously look after the child.

"I am asking to make sure that, while the child is growing, she must be informed of me as her biological father."

Madonna co-funds the charity Raising Malawi, which supports community-based organizations that provide care and support to orphans and vulnerable children. METRO NEWS SERVICES

Fox has eye on 'Korean JT' Rain

ON THE MARKET Actress Megan Fox confirms her relationship with Brian Austin Green is off again.

"I'm currently what you would call single I guess," she said, according to the Sun. As far as who she may like to date next, Fox said, "There is this Korean Justin Timberlake named Rain, and I'm really on his situation now."

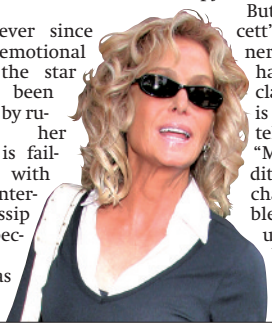
METRO WORLD NEWS

Farrah not on deathbed: Rep

RUMOUR MILL Farrah Fawcett is not close to death, according to a representative who says the cancer-stricken Charlie's Angels star remains in a "stable condition" and is still receiving treatment, femalefirst.co.uk reports.

The 62-year-old has been battling anal cancer for the last three years and allowed cameras to chart her struggle since she was first diagnosed with the disease in 2006. The Farrah's Story documentary pulled in millions of viewers when it aired on U.S. television last month.

But ever since the emotional show, the star has been dogged by rumours her health is failing, with many Internet gossip sites speculating she has given up her chemotherapy treatment.



But a rep for Fawcett's longtime partner, Ryan O'Neal, has dismissed claims the actress is nearing the end, telling Fox News, "Ms. Fawcett's condition has not changed. She is stable and remains under treatment by her doctor."

METRO NEWS SERVICES

I'm more than gossip fodder, Oksana says

SPEAKING OUT Until now, Oksana Grigorieva's name has been more associated with Hollywood gossip than with musical chops — the Russian-born singer and pianist is pregnant with Mel Gibson's child — but Grigorieva hopes that will change starting with yesterday's release of Say My Name, the first single from her forthcoming album, Beautiful Heartbreak.

A classically trained pianist who hails from Saransk, Russia, the 39-year-old penned every song on the album except for Say My Name, which exclusively debuted on people.com — for that track, she collaborated on the lyrics with none other than Gibson himself.

"It is the first and one of the simplest songs on the album, but also one of the most intimate," said Grigorieva, whose baby with Gibson, 53, is due in late fall. "It is naked, intimate, raw emotion, little more than piano and voice as if it is a cry from the soul."

METRO NEWS SERVICES

MJ training with The Hulk?

PUMP IT UP Michael Jackson is being trained by Lou Ferrigno, femalefirst.co.uk reports.

The Incredible Hulk actor — and former Mr. Universe — is reportedly paying secret visits to the singer's Los Angeles home to help him prepare for his forthcoming This Is It run of shows at London's O2 arena.

A source told Britain's The Sun newspaper: "Lou has been visiting Michael to build him up so he can perform his dance routines.

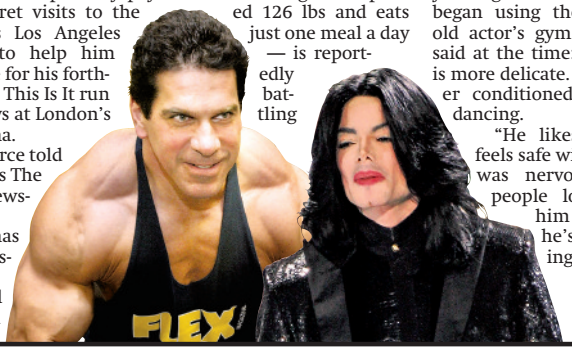
"But Michael refuses to lift weights. He doesn't want to bulk up."

The 50-year-old singer — who weighs a reported 126 lbs and eats just one meal a day — is reportedly battling skin cancer and is said to be terrified gaining weight will damage his chances of beating the disease.

Jackson and Ferrigno struck up a friendship two years ago when the singer began using the 57-year-old actor's gym. Ferrigno said at the time: "Michael is more delicate. Our trainer conditioned him for dancing.

"He likes me, he feels safe with me. He was nervous about people looking at him when he's training."

METRO NEWS SERVICES



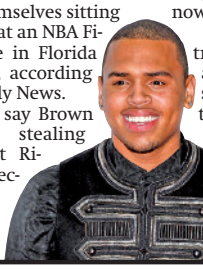
Chris and Rihanna's run-in

ON BEST BEHAVIOUR Though they're set to appear in the same courtroom soon, Rihanna and Chris Brown found themselves sitting courtside at an NBA Finals game in Florida last week, according to the Daily News.

Sources say Brown kept stealing glances at Rihanna's section throughout the first half, and made an effort to make nice with her camp after halftime — though Rihanna was nowhere to be seen.

"Chris was definitely trying to make the situation less awkward," said a source. "He was trying to be very grown-up, and wanted Rihanna to see that as well."

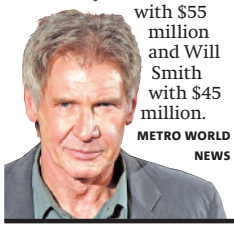
METRO WORLD NEWS



Ford earns a fortune as Indy

HIGH ROLLER Thanks to last year's Indiana Jones and the Kingdom of the Crystal Skull, Harrison Ford topped Forbes' list of highest-paid actors, beating out Tom Cruise, Tom Hanks and others. Ford earned nearly $65 million US in the last 12 months, followed by Adam Sandler with $55 million and Will Smith with $45 million.

METRO WORLD NEWS



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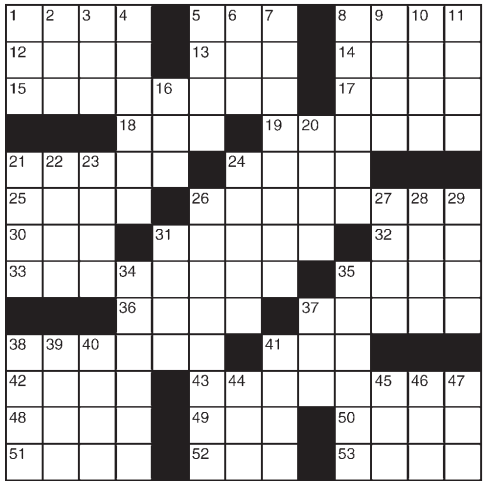
Take Five



Crossword across

1 Speech imperfection
5 Oklahoma city
8 Rose feature
12 Job-safety grp.
13 Jewel
14 "The Audacity of —"
15 Stir-fry condiment
17 Foolish bloke
18 That girl
19 Ditch
21 Brazilian dance
24 Good, to a rapper
25 Satiate
26 "Hee Haw" co-host
30 Venomous viper
31 Sibling of Peter Rabbit
32 Tiny
33 Merit badge earner, perhaps
35 Took the bus
36 Overly theatrical
37 Boutique
38 King's perch
41 Journal
42 Coffin stand
43 Buzz Lightyear's movie
48 Harmonization
49 Pair
50 Met melody
51 Trail
52 Tho'
53 Understand intuitively

Crossword down

1 Part of UCLA
2 Equi-
3 Bashful
4 Elapse
5 Chills and fever
6 Year-end abbr.
7 February birthstone
8 Jewish village in Eastern Europe
9 Grover's Corners, e.g.
10 Grand-scale tale
11 Illicit stimulant, for short
16 "Eureka!"
20 Risque
21 Wound cover
22 As well
23 Tending to brood (Var.)
24 Annoying ad on a PC
26 Sleeping-car area
27 MPs' quarry
28 Start over
29 Acute
31 Thom — shoes
34 Burn around the edges
35 Unkempt
37 "Mayday!"
38 Recipe meas.
39 Informal greeting
40 "La Boheme" based musical
41 City on the Rhône
44 Have bills
45 Bobby of hockey lore
46 Carnival city
47 Tibetan critter

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

8		6		7	3			1
	1		8					2
	4		2				7	
5							1	
		7	5		1	3		
	6							5
	5				2		4	
2					8		9	
3			6	5		8		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

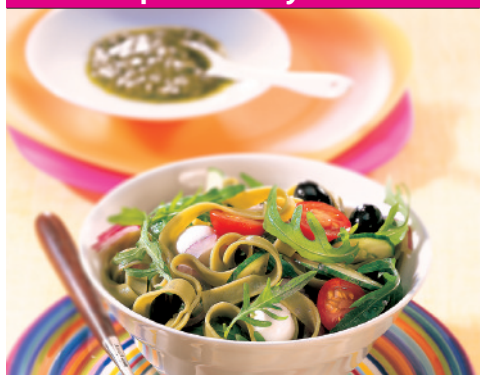
2	3	9	8	1	7	6	5	4
8	5	1	4	2	6	7	9	3
6	4	7	9	3	5	8	2	1
5	1	6	7	9	3	4	8	2
9	2	3	6	8	4	1	7	5
7	8	4	2	5	1	9	3	6
3	6	5	1	7	9	2	4	8
4	9	2	5	6	8	3	1	7
1	7	8	3	4	2	5	6	9

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Green Pasta Salad

INGREDIENTS:

1 lb (500 g) green fettuccine
8 oz (250 g) cherry tomatoes
2 small Mediterranean (Lebanese) or pickling cucumbers
8 oz (250 g) arugula
1 medium red onion, finely sliced
8 oz (250 g) bocconcini
black olives for garnish

BASIL PESTO:

1 cup (250 ml) fresh basil leaves
2 cloves garlic, roughly chopped
1 tbsp (15 ml) pine nuts
4 tbsp (60 ml) grated pecorino
6 tbsp (90 ml) olive oil
3 tbsp (45 ml) lemon juice
2 tbsp (25 ml) vegetable stock
salt and freshly ground black pepper

METHOD:

1. Cook pasta in plenty of lightly salted boiling water until al dente, following package instructions. Drain, rinse under cold running water and leave to cool. Cut tomatoes in half. Slice cucumbers in half lengthwise and slice thinly.
2. Combine tomatoes, cucumbers, arugula, onion and pasta in large bowl. Drain bocconcini and mix into salad.
3. To make basil pesto, clean leaves by wiping with paper towel; do not wash. Combine basil, garlic, pine nuts and pecorino in food processor and process finely. Combine oil, lemon juice and stock in small bowl and add to mixture in steady stream with motor running until amalgamated. Add salt and pepper to taste.
4. Stir basil pesto into salad or serve separately. Spoon salad into individual bowls and garnish with olives.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
It may annoy you that friends and colleagues seem intent on disrupting your routine, but there's not much you can do about it.

TAURUS ♉
APRIL 21-MAY 21
Certain people may be giving you a hard time about what you owe, financially or otherwise, but you must not let it get to you.

GEMINI ♊
MAY 22-JUNE 21
Mercury, your ruler, aspects power planet Pluto today, which is as clear a message as you could hope for that now is not the time to rock the boat.

CANCER ♋
JUNE 22-JULY 22
A fear you thought you had overcome will make a reappearance today but there is no need for alarm. Focus your mind on happy images.

LEO ♌
JULY 23-AUG 23
It may sometimes seem as if the world is falling apart, but is it really or is that just the effect of all the negative voices you hear every day?

VIRGO ♍
AUG 24-SEPT 22
The message of the stars today is that you must stop clinging to things you should have long outgrown. The past may be safe, but the future is where it's at.

LIBRA ♎
SEPT 23-OCT 23
By all means aim high and take on challenges that stretch you, but don't aim so high that success is almost impossible. Everyone has limits.

SCORPIO ♏
OCT 24-NOV 22
Something that seems of the utmost triviality to you is of major importance to other people and you need to recognize that fact.

SAGITTARIUS ♐
NOV 23-DEC 21
Today's Mercury-Pluto cautions you to keep your temper in check. Getting along may be hard, but it is quite easy to stay out of people's way.

CAPRICORN ♑
DEC 22-JAN 20
Make an extra special effort to help people today. No matter how busy you may be on the work front you can still find time to assist those who need it.

AQUARIUS ♒
JAN 21-FEB 18
It may seem as if you have lost the advantage you once had, at work or in your social group, but there is no need to worry. Everything moves in cycles.

PISCES ♓
FEB 19-MARCH 20
Friends or family? Who do you give the most attention to? Only you can decide. Remember friends often change, but family always remains the same.

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July 5, 6 & 10 • 1 wk.

$799
Taxes & fees: $151

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Outrigger Aina Nalu Resort • 3★
Aloha - Garden view rm.
July 4, 11 & 18 • 1 wk.

$949
Taxes & fees: $151

Cancun / Riviera Maya via Calgary
Gran Bahia Principe Tulum • 5★
All-Inclusive • Standard rm.
Aug. 1 - 22 • 1 wk.

$899
Taxes & fees: $280

Occidental Grand Xcaret • 4 1/2★
All-Inclusive
Supersaver deluxe rm.
Aug. 1 - 22 • 1 wk.

$869
Taxes & fees: $280

Santa Clara via Calgary
Barceló Cayo Santa Maria • 4★
All-Inclusive • Junior suite
July 5 - 26 • 1 wk.
FREE upgrade to Junior suite oceanview (subject to availability)

$969
Taxes & fees: $212

Varadero via Calgary
Sol Palmeras • 4★
All-Inclusive • Standard rm.
July 12 - 26 • 1 wk.

$1249
Taxes & fees: $212

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